

Links Medical Practice: self-help resources

These resources have been put together by staff and patients of Links Medical Practice. In sharing these resources, we make no recommendation on use, but simply distribute what others have found of some value.

Apps for Adults/Young Adults

Prevent Suicide North-East Scotland: *Provides information on services for suicide prevention, drug and alcohol misuse, LGBT linked issues, domestic and sexual abuse, bereavement and mental health.*

SAM (Self Help for Anxiety Management): *An anxiety tracker allowing you to carry out 'calm breathing.' It helps build your personal anxiety management toolkit.*

My Possible Self : Mental health: *Has simple learning modules to manage fear, anxiety, stress and tackle unhelpful thinking. First few modules are free then £5.99/month thereafter.*

Headspace: *Provides meditation and mindfulness skills. Also contains guided exercises and videos to help you get healthier and happier.*

Jitters: *Cognitive Behavioural Therapy tool for phobia, panic attacks and anxiety. Includes visual exposure to phobia and exposure to physical symptoms during a panic attack.*

Calm: *Yearly subscription fee of £29.99 (free 7-day trial) providing guided meditation exercises, programmes for general wellbeing, and a week-long series focusing on helping you get better sleep. There are also individual sessions lasting between two and 20 minutes, and "unguided" sessions using music and nature sounds.*

Breathe2relax: *Provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.*

BellyBio: *Biofeedback app using your phone as a sensor on your pelvis and plays music in sync with your breathing.*

Apps specifically for Children

Chill Panda: *App measures your Heart rate and suggests tasks to suit your state of mind. Includes simple breathing techniques and light exercises to take your mind off your worries. Also has a game option.*

Smiling mind: *Has programmes for various age groups, including workplace and classroom programmes. Its programs are divided by age, starting at 7-11 years: if you have children who are struggling with their emotions, it could be helpful alongside whatever other methods you and they are using.*

Podcasts

MIND Podcast: *Website: mind.org.uk*

Mental Wellbeing Audio Guides: *Audio guides by Dr Chris Williams
<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>*

Anxiety Slayer with Shann and Ananga: *Award Winning Anxiety Relief Podcast with tips, tools and practices to help you calm anxiety, stress, PTSD, and panic attacks.*

Books*

Mindfulness by Mark Williams and Danny Penman (Paperback: £9.96 / Kindle edition: £4.99)

Mindfulness is based on mindfulness-based cognitive therapy (MBCT) that is recommended by UK National Institute for Health and Clinical Excellence. It contains an 8-week meditation programme.

Overcoming Anxiety by Chris Williams (Paperback: £26.99)

Overcoming Anxiety is divided into workbooks that are designed to help readers understand the factors that keep problems of anxiety going. It also teaches key skills of self-management so that the reader will learn the key elements of skills such as tackling practical problems, being more assertive, establishing a regular sleep pattern and challenging fearful worries.

Overcoming Depression by Chris Williams (Paperback: £22.15)

This book covers all the issues that are known to be problematic in depression. It also presents a series of self-help workbooks for use in self-assessing and managing depression and periods of low mood

Lost Connections: Why You're Depressed and How to Find Hope by Johann Hari (Paperback: £6.08)

Lost connections explains why depression affects so many people and that improving our relationships, not taking medication, is the way to beat our mental health problems.

**Rather than purchasing these books, why not order through your local library?*

Web Resources

Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice:

<https://breathingspace.scot>

<https://www.nhs24.scot/our-services/living-life>

www.samaritans.org

<https://www.mha.uk.net/>

Phone contacts

Breathing Space: 0800 83 85 87

Trained advisors offer a safe and supportive space by listening, offering advice and providing information.

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

Living Life: 0800 328 9655

For low mood, depression and anxiety. Offers 2 services:

Guided Self Help: speaking with a self-help coach over the phone.

Cognitive Behavioural Therapy: speaking with qualified therapist over the phone.

Samaritans: 116 123

Available 24/7 (7 days a week) with calls taken by a trained Samaritans volunteer.

NHS 24: 111

Useful resource where there is an urgent problem out with normal GP surgery working hours.

Additional Resource

Distress Brief Intervention (DBI): Referral by phone/email from your GP

Provides support to people who are experiencing distress and feeling overwhelmed emotionally. DBI team will contact within 24 hours of GP referral.